

ABSTRACT

TITLE: Testing of Selected Students of Jedlicka Institute and Schools by The Testing Battery Fitnessgram and The Comparison of Their Results with Standards of General Population.

OBJECTIVE: The aim of this study is to determinate the state of physical fitness of students with special needs using the testing battery Fitnessgram and compare the results with the standards of general population in selected age groups.

METHOD: To obtain the data I used the testing battery Fitnessgram and emotional range Visual analogue scale (VAS).

RESULTS: Based on the measured data, it was found, that students of Jedlicka Institute and schools in some tests of testing battery Fitnessgram, we selected, are approaching or meet the standards of general population. The standards in the test of Shuttle run didnt meet any student, in the test of measuring the Skinfold half of the students with their values of fat percent met standards, the other half of students was below the line of standards for the general population. All students meet the standards in Curl Up test. Only one student did not pass in Trunk Lift. Standards of the test push-Ups 90° met two thirds of students and Back-Saver and reach met two thirds of students. During a testing of students prevailed pleasant feeling of individual tests in all students.

KEY WORDS: Fitnessgram, Cerebral Palsy, kranipcerebral injury